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The best advice about visas is on the U.S. Government's website

Q. I have been reading advice posted online about going to the U.S. Embassy for a visa. There are many personal stories that reassure me about my interview, but it can be confusing because often the advice one person posts conflicts with another person's advice. How do I know what to believe? What websites can I trust?

A. You are wise to question what you read online! The best advice about online advice is this: no need to worry. If you want the best information, go to the source and get your facts about applying for a U.S. visa from the U.S. government itself. Here are three ways you can do that:

Go to the U.S. Embassy Kingston visa webpage

Go to the is the worldwide portal for visa information to the U.S at www.travel.state.gov

Follow the US Embassy Kingston Facebook Page for news and updates

Like almost any topic, there are uninformed opinions posted online about U.S. immigration policy and visas. Unfortunately, the people posting these opinions may sometimes have illegitimate intentions, such as internet "trolls" who post misinformation on purpose and people who are attempting fraud.

The vast majority of people posting advice about U.S. visas online are ordinary people sharing their views and experiences. Sometimes their stories are actually the stories that they have heard from their friends or relatives and they may be missing a key piece of the puzzle. Even when people tell true stories of their own visa experiences, it is not unusual for people to misunderstand U.S. immigration law, which can be complex, or to make assumptions about their experience that will, in fact, not apply to another other person applying for a visa.

The consular officers at the U.S. Embassy who interview visa applicants are carefully trained and vetted. They have a strong desire to facilitate travel to the United States for every person who qualifies for a visa under U.S. law and they seek to provide a good customer experience for each and every applicant. The best way to prepare for your visa interview is to relax, not worry too much and be forthright with the consular officer who interviews you about your reasons for traveling to the U.S.

You can find more information about how to travel to the U.S. on our website, www.kingston.usembassy.gov and the website of our authorized service provider at www.usvisa-info.com. Keep on top of Embassy news on our Facebook page, www.facebook.com/pages/US-Embassy-Jamaica and by following @USEmbassyJA on Twitter. We also answer general visa questions on our Facebook and Twitter pages.

Remember, your appointment time is your arrival time NOT your interview time. Do not show up earlier than your appointment time.